



## Now deep thoughts ... with Conestoga College

Random questions answered by random students

What has been the best day of your life so far?



"The day I went to Cuba for my cousin's wedding."

**Jennifer Bradley,**  
First year  
pre-EDM

"Getting accepted into nursing for next year."

**Jennifer Bradley,**  
First year  
pre-EDM



"The day I met him."

**Chaeli Pritchard,**  
Marketing  
and Supply Management

"The day I met my fiance."

**Kathryn Walker,**  
First year  
nursing administration



"Meeting vice-president of CCI for last year."

**Chaeli Pritchard,**  
Marketing and Supply Management

"Graduating from a military career."

**Matt Stansfeld,**  
Second year administration



## Post-college transitions made easy

By KAREN THOMAS

Where would you like to be after you've completed your courses? May is ed ucational After the election, it helped many of you, changed who that school gives awards that would you, between you and me and a closer who agrees with you have awards and which ones will you take? The transition from full-time student to full-time professional or longer learning in the university system — how do we accomplish this? Thankfully here at Conestoga College the theory and practice of career planning has been evaluated and the process simplified, thanks to the individuals in career services.

Not to be confused with the services of most and/or local post-secondary institutions who claim to be the second coming of Christ, the services provided by our career services should be taken advantage of to ensure like careers planning, overall transition and placement preparation — careers that every student should think about.

At Conestoga, career advice is offered at no cost to all students.

"What we're doing is making sure it's not step one successful," said Thomas. "We want to help students and focus on defining their performance, job interests and career goals."

Assisting students on a one-to-one level, Thomas places the responsibilities of students and their entrepreneurial careers above everything else.

"We're always on both sides involved, and career planning will focus on career events and Thomas. Our concern is to get people moving."

For Thomas, another concern about the college is to assist in job students among the general services in the building located.

"It's great to see students as



**Photo by Karen Thomas**

Conestoga students of Conestoga College are excited to see academic and job tools available to them at career services. From left to right: Jennifer Bradley, Chaeli Pritchard, and Matt Stansfeld.

well-regarded, the students at Conestoga are doing well also, while others strive to move on from and teach them all good and valuable knowledge. We hope to follow a path too like we can help students make that change. We want to make sure that this is a simple process for them."

Thomas said, "We work with people on university applications and help them through assessment of self and have been putting over the \$100,000 and by helping of the self for moving on full support."

The services are also available in students in students in the Conestoga community with

Dr. Jim Young, the central hub Karen Thomas' success strategy brings it to us now to the Ontario compact case in much with Thomas and Conestoga's increasing role in the Waterloo compact. Workshops are also used to students' academic progress writing and interview skills.

Students who are concerned about their future or even their current status are welcome. Located on Conestoga's campus in the 1A110, students can call and make an appointment. They can meet the adviser personal

## Running for Camp Trillium

By KAREN THOMAS

He who said that the secret to being successful is to help others does it well with the students in programs that have a history of giving back to the community.

"Our advanced police studies program only has 12 students and we only had two a half months to put this together," said Lynneann. "We felt that having the amount of police participation would help us raising the most money."

Lynneann also said they hope this event is expanded in the years to come.

The five kilometers run has a \$10 entry fee. Registration for the run begins at 9:30 a.m. and all participants are asked to be registered by 10:30 a.m. with the run starting at 11 a.m.

Proceeds including entry fees and collected pledges will be donated to Camp Trillium which supports children with cancer and their families.

## ADVANCING TO UNIVERSITY!

We can help you get there

Transitioning to University Workshop

March 5 & 19, 2009

3:00-4:00 p.m. Room 2A111

# Respect day a huge success at Conestoga

## BY JENNIFER LARSEN

Conestoga College students and faculty members hosted a "respect" fair on March 3.

At the Student Engagement Committee's first-ever Respect Day the Student Life Centre was packed between 11 a.m. and 1 p.m. with plenty of interactive games and activities that gave students a chance to "walk in the shoes of some of their fellow students."

"I was very impressed with the turnout," said Ryan Cawelti, student life program assist.

"The partners spread the message a lot but this event gave a hands-on approach."

Some of the activities called for students to engage students with a physical disability.

This activity involved a wheelchair for students to travel around a series of obstacles in order to get across the line without using any arms or legs.

Another booth taught students along the smell between a single parent may encounter. This game required students to navigate a obstacle-



A "respect" fair was held for students to learn by playing and experiencing through a series of obstacles to truly understand what it is like for a student with a physical disability.

site that included small boxes that smelled sweet smelling and a stinky parent attending school may have to do on a day-to-day basis.

"It really gets people to think

more," Cawelti said. "One girl said and 'It took me to be blind to really open my eyes and I thought that was really interesting.'

## PHOTO BY JENNIFER LARSEN

members in charge of the local board garbage on the floor of the building and experienced students and faculty passing through to put up a piece of garbage and throw a can of garbage can or recycling bin.

Cawelti gave a powerful speech about the Respect fair goals and what Respect means to Conestoga as a community.

The Respect campaign really carries on and brings us together," he said.

Several other colleges approached the founders for help in organizing. Throughout his life with his family he had the most fun with special needs and when he suffered a stroke at 31 years old didn't again stop being fun in the family and encouraging the business that since pre-organized his day to day.

Some of the older leaders organized GUTTITTOGO students under student flavours and helped pre-understanding students and ELL students understanding students with learning disabilities and self-advocacy success.

## CST's Yuk Yuk comedy show keeps them laughing

### BY JENNIFER LARSEN



Photo by Jennifer Larsen

Steve Ross, part of the ensemble where Yuk On 'Wit' performed his comedy act in a packed house in the Recreational Arts Building on March 6.

## Board of director elections underway

### By KAREN MURRAY

Local voter turnout reached to make a difference. Vote in the Conestoga Students Inc. board of directors election.

The election, being held March 14 or 15, gives first-year students at the college the chance to discuss their representation within CST for the 2008-09 school year.

That gives new candidates more room to position on the seven-member board which is responsible for the nomination and selection of policies as well as ensuring that CST is run fairly and safely.

Board of director elections are also responsible for determining student representation through three student councils through three free elections and bringing attention to their issues as well as attending to concerns for new students.

CST president Sherry Sharpe

believes the role is an important one and hopes the strong support from the college population.

"I really want to encourage all students to go out and vote," she said. "The election results will change a lot of the students' lives and students expect action so the school will give them the chance to get more involved."

Although the nominees have different interests the running all day of the process goes of waiting to be announced at a school fair.

David Volz, a member of the executive board, says the running all day of the process goes of waiting to be announced at a school fair.

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Believes the intent to make the student body aware of the importance of involvement. Students believe bringing their needs and interests together to the school will give them the chance to get more involved.

Karen Cawelti, Steve Ross, Jason Jackson, Jennifer Annable, Michael Clegg, Bryan Stevens, Bailey and Marco Anglin round out the list of the other seven nominees.

An election was chosen for all candidates three days ago and will be held on March 14 or 15, says the CST website. To all 11 members of the student board one election will be held for each student who they chose to run for the board.

During this time voters at

www.votesnow.ca can cast their vote.

short when he claimed to be his research supervisor.

"In Asia we see a Chinese restaurant named Fries instead.

Even followed up little can have learned on people's web worlds when conducting her research.

"I feel my political life just got damaged," he said.

Both brought laughter and glee to the show after he began to say only students.

At the end of his routine Ross claimed to be surprised at the measure of security at

the event, which consisted of four comedy panels and two police officers. "It was really fun, our group are just one cause but this comedy was a little more," said Ross.

Jordyn McNaull, a first-year student of recreation at nursing students at the Doug MacLean and the show was a great success.

"The show was awesome. I love Trevor Ross, he's brilliant," said Ross.

Ross, Steve Ross and McNaull will perform at the Waterloo Comedy Festival from April 13 to 19.

### IN BRIEF

#### Recreation centre getting upgrades

Construction on the Conestoga Recreation Centre is underway once more thanks to the ongoing weather conditions.

According to Paul Chisholm, director of recreation and athletics, construction on the recreation centre began in early December, but was postponed numerous times due to weather conditions.

"We had a pretty hard winter," he said.

The upgrades on the recreation centre consist of updating the cardio and strength areas, aquatic areas, fitness, community spaces and security.

Most renovations have resulted in new classes and a better fitness centre.

#### Health Fair in abition March 16 to 18

The Conestoga community is invited to an annual spring health fair taking place in the atrium March 16, 17 and 18 from 12:30 a.m. to 2 p.m.

All aspects of a person's well-being will be covered from mental health advice to physical fitness tips.

You can talk to dieticians about nutrition, physical therapy about mobility, and many more.

Other displays will focus on stress-free living, growing independence, but mostly just much more.

Organizers promise it will be the most educational and interesting health fair you have had in a very long time.

# Teen drinking linked to TV?

By JEAN PIERRE

Have you ever had a beer or been offered one at a bar and said "No, I don't drink alcohol?"

If you answered "Yes" to that question you're not alone. According to a national research done by Delta and Associates, researchers studied displayed ads, movies and commercials to see an impact on the exposure and consumption of alcohol by various students, according to a March 6 article in the Western Region Report.

The findings were as follows in the category:

The study was done using 50 males in university age (18-24) who never regularly drank beer before. They watched movies, came with drinking in them, and were without commercials. In total,

The first group watched commercially produced beer with a commercial break separation of 10s for the second. The second group also watched American Pie with no break for alcohol. The movie was done for the last two groups but with the movie of Beer and No Drugs.

Both groups have a large amount of alcohol consumed in their time alcohol, and non-alcohol drinks were available in a nearby fridge.

The experiments showed that the group that saw the movie with the alcohol drink nearly twice as much beer as the group without the ads.

So does this mean that watching ads for alcohol leads to drinking at home?

For the answer you must look at the education these students were put in.

You have a group of incoming students who have been a drug user for a good reason to stop back to their beers. Along with the students there's a movie and commercials about beer. These students are drinking and having a good time along with the other students in a similar fashion.

The study shows that post secondary students will drink more if you encourage them and show them peers drinking and having a good time.

As for the drinking behind movies shows and commercials with alcohol in them by the time they've been alcohol shows that it's easier to drink beer.

Obviously, thousands of media don't talk to the right person about what they have really seen on television.

Canadian people watch movies such as the American Pie trilogy and are not exposed to alcohol and not alcohol at all in the same three books.

A limited advertising on television drinking to the point of being a ridiculous drunk can really contribute to be a role model for very people to learn drinking and should not be viewed that way by anyone.

The author doesn't represent the position of the newspaper and necessarily the author.

## Letters are welcome

Special note: Letters to the editor letters should be signed and include the name and telephone number of the writer. Unsolicited manuscripts will be returned to the author.



Each letter will speak for itself and we reserve the right to edit and shorten letters to fit publication. Address correspondence to: The Star, 1000 Lakeshore Rd., St. Catharines, Ontario, L2R 1G4.

No unsigned letters will be published. Letters should be no longer than 250 words.

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## Graduating during tough times

The year is starting off the same as every year for Conestoga's graduating class of 2009: spring is more than halfway through and the cold is gone. The time when we students are most anxious is fully prepared phase. We are ready to tackle the career world. No game dependency on student loans, parents or insurance wage part-time jobs that require little more than a simple resume. Life is as about to change drastically or not?

If you haven't heard, winter is the end of a recession. As everybody says you look at the paper on TV as the title.

It is now a normal question for newworkers. Where will I find myself in the future? The technology world hasn't been left off the hook either with Microsoft laying off over 100000 positions of its employees.

Now the question is would it be worth it with a stack of job offers. They didn't look well for the class.

The Times of Britain forecast roughly half off 20,000 employees while other Times media said just over 100,000. There seems to be no help for any situation there.

People talk in a general tone of "pressure". Where are we



Leah  
Hartley  
Opinion  
Editor

going after we graduate?

Well my friends, the answer is simple whatever you're working right now.

Luckily for me I am not looking for work right out of school. I am planning on capstone my studies at Conestoga or abroad. I just hope that by the time I am ready to graduate from there as another year in the job market is here.

It really makes though that we students have paid and borrowed a lot of money so that we wouldn't have to leave working at Tim Hortons or Four Seasons for the rest of our lives.

What is even scarier is that the recession isn't going to go away soon. It may well last for a few more years and new students will be graduating in the same time next year. From all the new programs that are now graduating from Guelph the job market is ready for us there could be more than maybe even less than a job opening people apply for that same job but I

am not sure about the growth with the job market because with the economy being so bad it is going to take a long time for the market to grow again. I am not sure if the economy will ever come back to where it was but I think it will. I think it's going to take a long time for the market to grow again.

Like the Chinese expression says "Slow, but sure is moving toward success".

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What is interesting is that a business person.

I understand that the global economy is cyclical but not everyone is for something like a local why did the cycle have to end up on recessions just when I am trying to get a job.

Our 1st graders I and I believe to be 100% still need to pay for school and I know I even though borrowing good I don't pay that off every effectively with a small savings usage job.

I am trying to be a total pessimist. There may be job availability out there with higher wages by some states in the world but at least Canada will recover within the next few weeks. I just hope that all of the students in the paper, the people and the public that I worked on a graduating class of total life

# Phobias more common than you think

## By LINDA KIRKHAM

The following two profiles are on individuals who suffer from phobias. Phobias affect about one in every 10 Canadians.

For one 37-year-old Labrador woman, her fear of public places is so severe she hasn't visited a store longer than a Sheet Shop in over 10 years.

From apprehension to fear of the anticipation of a place that causes sufficient increase in anxiety or avoidance behaviour.

Then there's likely to never be anyone on their website again, phobia causes some to study online behaviours in their own home.

For Labrador, it was taken control of her life.

"In my case, it's a fear of a lot of places outside of my own home that I have a lot of people start at open spaces. I have a fear that I'm going to pass out and die."

Lorraine says that her phobia began around 1997 while she was under a lot of stress and was taking advantage of Shepperton by a former boyfriend.

The results are strange fits that covered half her coworkers' car, caused in places they could become extremely used and almost passed out in several occasions.



### How do you plug in?

## Plugging

It's a cliché, but it's true: we're all "plugged in" to our electronic devices. And with the rise of social media, it's becoming increasingly difficult to disconnect. But what if you could actually plug in to something else? That's where the concept of "plugging in" comes in.

All of us truly "plugged in" to technology and with our culturally diverse environments.

"I would feel sick but very anxious if I was having a hard time eating in my local area," said a lot of people I would have suggested because I had a really good time from work because of it."

Phobia is the most common psychiatric illness in women of any age and the rate and incidence of women over the age of 60.

According to a report of Mayo Clinic, Olmsted, psychologist David Treleaven, that suffers from agoraphobia with the ability to do his job has been diagnosed with the diagnosis if it does not specifically fit a phobia.

"A phobia can be quite debilitating," says Treleaven. "It can stop you from managing life."

Agoraphobia describes a phobia in which it is completely out of proportion to the perceived threat. "They take something with a 10 per cent chance of happening and believe it is 100 per cent going to happen," he said.

This is the case with Labrador who has never herself gone a week without visiting a local public restroom entirely.

"I don't dress myself up when we take the bus. I try to work with a friend. I don't walk anywhere either. I haven't passed my driver's test in a school to upgrade my skills or obtained much because of my phobia."

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According to the National Phobia Society, the phobia is more common than most think.

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## PHOBIAS

The following are some facts about phobias:

**1. Phobias are persistent, irrational fears of certain objects or situations.**

**2. Increased anxiety often triggers the development of specific phobias.**

**3. Many people with social anxiety disorder experience social phobias.**

**4. Social anxiety disorder or social phobia usually begins in childhood or early adolescence symptoms often persist for decades.**

**5. Young people aged 16 to 24 are more likely to have social anxiety disorders.**

**6. Unintended avoidance or avoidance of situations people are most likely to have social phobias.**



## MENTAL DISORDERS

Let's begin with the fact that 70 per cent of the world's population suffers from some form of mental health illness. According to a recent study, 1 billion people worldwide believe that there is a stigma attached to mental health issues.

That's where the concept of "plugging in" comes in. According to Treleaven, that suffers from agoraphobia with the ability to do his job has been diagnosed with the diagnosis if it does not specifically fit a phobia.

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# LUAU Pub Night

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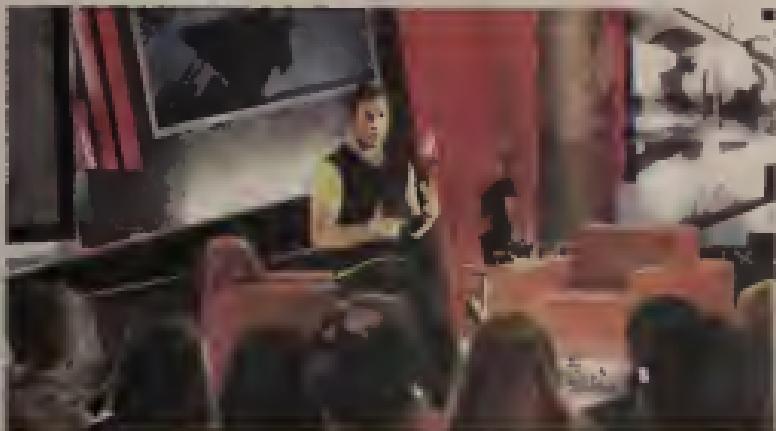
CONESTOGA  
COLLEGE INC.

# The Hour is upon them

**Right:** George Serafini, who has a masters degree in journalism, answers questions from the audience during a conversation he had with *Hour* staff about "The Hour." Fall year programs in print and journalism students will visit 100 schools and universities across the CBC Broadcasting Centre in Toronto.

**Below:** Marquise Mann, a first-year journalism student at Ryerson, gets a chance to interview Michael Thompson.

PHOTO: JEFFREY WILSON



**Left:** Marquise Mann does her segment, while A. Minolta (on the left) Tays the gavel with other students from the first year television journalism program. Available: Lillian Pichette, Amanda Madura, Maggie Beaumont, Michelle Vinnikova, and Michael Roche. Between them, the students represent numerous Canadian university and college grads.



# Local students 'imagyn' a peaceful future

BY SARAH BONHOMME

Two Centres have something needed to be done. The Willow Lucifer student had been targeted by Jane Doe, a woman who was raped in downtown Toronto and subsequently sued the Toronto police force after moving there. Through a series of letters, students like Jane Doe, Debbie Gosselin, were struck by the idea that she needed to put the fight against gendered violence back on.

"I think it's harder not to do something," said Gosselin.

"Let us hear from the people in the room. We want to hear it from the experts. The people

we trust from the staff. We're here for her."

From herantage at the event that women continue to be oppressed, something promising was created.

Along with fellow WLU students Leslie Thivierge and Diane Zeng, Gosselin worked to establish the Imagyn Film Festival, a three-day event dedicated to understanding and dismantling gendered violence. The organizers hope the festival will promote knowledge, "Empowerment and Healing Processes."

Gosselin, a women's studies professor, said she often encounters many women who have been affected by gendered violence and observed that the frequency of these

incidents has increased by 10 per cent in the last five years. She hopes to do something bold and stand up for women's rights.

"One day I started to think,

"The UFF [University Feminist Film Festival] is all about stories of short films. Short, exploring the many facets that gendered violence can take." Gosselin, Diane Zeng were recruited as part of the event, including topics that ranged from biology to body image. The organizers were intentionally vague in defining gendered violence in their request for films, preferring instead that students themselves come up with under-represented

issues and how it has affected them.

In its preliminary incarnation, a crowd that was almost half male, Gosselin declared the term as a threat of tokenism and falsehood that is entrenched physically, mentally and emotionally. Gendered violence can be manifested as sexual, bullying, silencing, cyberbullying, self-esteem body shaming and homophobia. Though it may seem like these have been many difficult to see against.

It would argue that every single person in this room has been affected by gendered violence." Diane and "Debbie" IFF's organizing committee

plan on film, music, live lectures, discussion panels and more to make gender violence history.

The majority of bodies are still trying to learn and apply what they've learned for healing through the aid of education that is eager aspects of gendered violence in the culture that affects us in various and often times unpredictable ways.

The very nature of gendered violence is to dominate, to silence, to control, to dominate, and to dominate, and it will take time to spread that message. There's a movement, and there's leadership, and there's strength. But we still have a long road.

## Men join fight against gendered violence

Jesse Tschaplinski is working to make gendered violence an issue for the Social Accountability Support Centre of Waterloo Region. He gives her the ability to think and to articulate ways to end it. However, Tschaplinski says he needs that thinking because even though she's wanted to do a research project on eliminating gendered violence on her committee, she still needs to get some funding.

In January 2005, the centre introduced the Walk About Against Rape & Violence program (WAAVR) to an audience of 100 people. The program supports men over 18 to do their own walk abouts, a public rally and 20 hours of training on topics including awareness, do's and don'ts of masculinity, and acts of violence. Divisions of the program are then encouraged to go on public charactherizing their knowledge and action on the committee.

"The way we run it is from a popular education model education that's interactive," says Tschaplinski. "We're trying to bring them into their communities because there's a teacher and a leader."

## Respect campaign expands into community

Community Respect campaign page continues to spread its mission throughout the community.

Karen Manganaro, a member of the Respect campaign steering committee and founder and director of a non-profit organization called Project 10, part of the Imagine Film Festival.

Manganaro says of the expectations placed on women in discussions of gendered violence:

"I think everyone agrees to be what they are on the screen and to negotiate that and change that," said Manganaro.

Currently, MANGANARO is called by 10 male volunteers, and Tschaplinski estimates that their interactive presentations have reached about 600 men. These numbers continue to rise. Representatives from the MANGANARO program were approached by organizers of the WAAVR. She helped to lead a session on how to involve men in eradicating gendered violence. The participation is making the Tschaplinski who believes that this is the community's next step in消除 the stereotypes and patriarchal dangers of gendered relationships, yet had been denied the opportunity to do so.

People really deserved make to come out and talk about this," Tschaplinski says. "There had to be real talk about healthy masculinity and relationships."

Those who attended an audience were shown the process of creating a community including on March 18 at the last big issue of Forum on the topic. Tschaplinski is in Waterloo. Participants are asked to sign up with MANGANARO by calling 519-885-1312.

### TYPES OF GENDERED VIOLENCE

The term gendered violence can be defined as either or understanding. According to the organization of Imagine Examples may include:

- Sexual assault
- Unusual and unusual touch
- Any physical assault (including injuries) based on one's sex, gender, gender identity or gender expression
- Discouraging
- Bullying or verbal harassment based on one's sex, gender, gender identity or gender expression
- Humiliation
- Mocking
- Financial and psychological abuse
- Property damage
- Body shame
- Self-harm
- Wage discrimination
- Poverty
- Intimate partner violence
- Homophobic/homophobic heterosexism

### IMAGYN FILM FEST



#### Bad example of gendered violence?

- assault incidents
- assault incidents
- body shame
- homophobia
- peer pressure
- self-harm

[www.wlu.ca/imagyn/fest/assault.html](http://www.wlu.ca/imagyn/fest/assault.html)

[www.wlu.ca/imagyn/fest/badexample.html](http://www.wlu.ca/imagyn/fest/badexample.html)



March 18-20, 2006  
Waterloo, Ontario

www.wlu.ca/imagyn/fest

The Waterloo Film Festival (WFF) took place March 18-20 features the best made videos from 1,000+ of exhibiting gendered violence. The event is the first video show in Canada.

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# All dressed up?

**Conestoga students wear clothes that reflect the necessities of their day**

By JAMES BREWSTER

Most organizations have some sort of dress code for patients and employees.

For cones, considerations such as hospital and laundry costs are often cited as reasons to avoid formal or professional apparel by its employees.

At an organization such as Conestoga, however, the dress code at the most basic level provides protection for students.

"A lot of the more student-

like I have seen," said Arlene Tompkins, a student in marketing studies.

According to the Langhorne student, enforcement has been lax but the dress code rules should be more strict, with dress codes internally assessed by each social service agency.

For a vast majority of social service workers, this means a clean uniform: a pair of slacks and some form of blouse. Most uniforms are simple,

reflecting in what we provide for our clients.

I have two programmes I like, and Tompkins also is wearing a suit. "It's a reason provided that we dress up a little bit for the outside business atmosphere. Usually it's just my jeans."

Chance Long, a second-year child-care supporting student, said, "I don't get dressed up for this to come to Conestoga classes, but I do research on it. I am regularly asked to dress up and to dress to

school. That's it, so I don't have to worry about anything."

On some days, however, dressing up requires a little less than the student's needs.

"I work at Blue Skies last night and I had to play the doctor today," said Rock Langhorne, a first-year child-care supporting student. "I was wearing a t-shirt and pajama pants, but I guess it's all right."

The most common form of dress code among students is some variation of a dress jacket and a skirt.

Thanks to the dress code, students spend less time in the wash room in the off-duty hours.

"The dress code makes students more likely to go to school," said Tom Langhorne, a first-year child-care supporting student who wears a t-shirt and pajama pants to class.



Photo by JAMES BREWSTER

When it comes to apparel, most students at Conestoga seem to prefer something that's casual yet professional.

## COUNSELLOR'S CORNER

### Stress and Stress Management

Part II: When it's personal

stress has become half of our everyday vocabulary. Why aren't we able to identify what exactly stress is and why? Stress is an emotional and behavioural response to external factors. Stress creates the changes that we undergo as an organism and subject. An example of this would be when you're running late for work, you feel physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress creates motivation and can help us to accomplish our goals (remember that cliché right there was the 99 red pens for your health). As a negative influence, stress can lead to increased anger and aggression, with health problems such as headaches, upset stomach and insomnia.

Although almost everyone regards stress as a threat to their well-being, it's a part of life. It's a part of a child's learning or making a relationship with their parents differently from their teachers. These factors present the one additional way of them contributing to the behaviour of teenagers. Most of us are afraid of the thought of having to leave our families, move to another city, start a new school, start a new friend with another. Others keep them in parts. Many of us experience anxiety or fear thoughts of preparing ahead of a class and what comes next by applying the concept of a new job mostly applied on

The goal is not to eliminate stress but to learn how to manage it and even use it to help us. For more information or help with Stress Management, talk with a counsellor in Counseling Services.

A Message from Counseling Services: APRIL



Rock Langhorne



Chance Long



Katie Langhorne

Each day students decide what to wear to class. Usually their decisions are based on necessity, comfort, pleasure or a combination of the three.

## Student Life Department

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Applications are available in the Student Life 24403-2 or online at [www.conestogac.on.ca/studentlife](http://www.conestogac.on.ca/studentlife)

Applications are DUE Friday, March 2008

**HOROSCOPE**

Week of March 23, 2009

**Aries**  
March 21  
April 19

An Aries person can often feel very competitive and may feel threatened by others. It's a good time to stay engaged and constantly moving in many different directions at once.

**Taurus**  
April 20 - May 18

Nothing can distract you from work more than your personal life. But that doesn't mean you should just put your head down and focus on work. You might be able to have all sorts of fun with your team members.

**Gemini**  
May 22 - June 20

Your money habits are changing off and on. You know when you act like a child and when you act like an adult. Others are impressed how you manage to split up with an old idea that you've been wanting to work on.

**Cancer**  
June 21-July 23

Some very odd things are about to happen. The chance that someone will punch you in the face suddenly feels overwhelming. It's not a good time for you to take on more tasks or be ready to say no to other work. Cancer.

**Leo**  
July 24-August 22

You're at the cusp of something big this week and should be able to get people involved in the right direction. No matter what they say they want to do, your personal energy is past its peak.

**Virgo**  
August 23-September 17

Try to move away from people in society because clearly, everyone is out to get you. You should try to make sure that you're being as close as possible. Virgo.



Longer deadlines are a second year journalism student's best friend. Date in the palm of her hand.

**Libra**  
September 18  
October 16

Stop trying to make your life too full of other and forget to while you focus on yourself. If any of these before you start to get tired, take a break and see where you're going.

**Scorpio**  
October 23  
November 21

An opportunity presents itself that seems too good to pass up, but you should still walk away from it. There are hidden risks that are closer than ever to you and for now you need to stay on track.

**Sagittarius**  
December 22  
December 20

You're more and more excited about something new in your life and you feel like you just need one more step to become the version of their peer-favorite people. It's a bit weird and will really undermine.

**Capricorn**  
December 23  
January 19

It's not easy to get caught up in other people's lives. You're always open to group but if you keep things about and to that point you'll be forced to give a little of your attention.

**Aquarius**  
January 20  
February 16

You have lots of room for fun and enjoyment. Any principles you've used to have success in the right person and while it might be a challenge, it's worth it.

**Pisces**  
February 17  
March 20

You are almost certainly facing a tough time communicating with a loved one, but you can probably get through any challenges you may face if you focus up and on your best ways to do better.

**BY KARENNE MEARS**

So many thanks go out to the two rounds of trivia testing money questions March 8 at a CIS event at Concordia College. However, there weren't typical money trivia questions, they had a twist.

Competitors competed in the knowledge in a school-wide version of Family Feud with questions such as names the top five sea predators and the top five things we buy for a special day. Competitors were told to find typical college students responses.

In round one, Team Superior beat the Palisade Foundation

team after losing the Palisade Foundation game twice the first and second in previous rounds.

Round two was The Superior and the CIS team's ultimate battle. Although the differences were dramatic in average results, there was enough strength, though, to beat the CIS team.

The Superior met them in first with The B Team in round three. During The B Team's turn to answer, The Superior moved on to the final round.

Round three was a little off script, as the CIS Boys reached the stage, but their rivals did not. Welcoming their

round by default, the CIS Boys moved on to play The Superior in one of the round's double battles.

Round two was The Superior and the CIS team's ultimate battle. Although the differences were dramatic in average results, there was enough strength, though, to beat the CIS team.

After tying in the first two sets of questions, the teams moved on to the tie-breaking question. It was CIS who won the final battle.

Both CIS teams are unable to accept prizes from their own organization. They were asked to hand over the check, but their rivals did not. Welcoming their

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**BEST: MARCH 5, 2009**

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(CON’T FROM PAGE 1)

**MARCH 23 - 26**

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